

# Women's Fitness

*In conjunction with Pompton Lakes Recreation*

**Mondays & Wednesdays      7:00 - 8:00 PM**

At Lincoln School in Pompton Lakes

**Session I: now through 11/18/2015**

**Session II: 1/11/16 through 3/9/2016**

**Session III: 3/21/2016 through 5/1/2016**

**\$50 for 16 Classes, \$35 for 10 Classes, or \$5 drop-in.**

## ZUMBA

*At the Riverdale Community Center*

**All Classes are \$6 each - pay as you attend**

**Zumba Toning      Monday      7:30 - 8:30 PM**

**Zumba Gold      Tuesday      10:00 - 11:00 AM**

**Zumba      Tuesday      7:30 - 8:30 PM**

**Zumba      Thursday      7:00 - 8:00 PM**

## YOGA

***At Glenburn***

**NEW NIGHT!! Wednesday      7:00 - 8:00 PM**

*All Levels Welcome*

**\$10 per Class (50% goes back to Glenburn!)**